

HOW HOUSING PROPERTIES CAN HELP FACILITATE POSITIVE HEALTH OUTCOMES

Affordable senior housing properties—through their own resources and/or by incorporating the resources of a health partner—can help health care entities reach a range of possible goals for their patients' health and health care utilization. Here's what housing can bring to the table.

- **Ability to help health care partners identify and connect with specific populations, including:**
 - Individuals with multiple chronic conditions.
 - Disadvantaged populations facing concurrent social-related challenges.
 - Populations with limited health literacy and low patient engagement.
 - Individuals who could benefit from health promotion and screening activities.
 - Complex individuals at risk for high health care utilization and high costs.
- **Onsite staff members who can help a health care entity meet its goals. That staff has the ability to:**
 - Build knowledgeable and trusting relationships with residents/patients.
 - Monitor residents over the long term during regular interactions. This provides the opportunity to notice emerging health issues before they become health crises.
 - Encourage and support individuals so they will adopt and sustain healthy behaviors.
 - Provide a flexible and extended in-person presence at the housing property.
 - Help residents address social-related needs and reduce barriers to care.
- **Venue for offering health promotion and prevention activities. Such venues can provide:**
 - Access by health care partners to multiple at-risk individuals who would benefit from education and screening in such areas as disease management, nutrition, fitness and falls.
 - Onsite staff to identify individuals who would benefit from programming, and encourage their participation in that programming.
 - A convenient location for program participants to gather for programs. Ease of access will help promote initial and continued participation.
 - An opportunity for program participants to interact with a network of peers who can offer support and encouragement.
- **Assistance in addressing social determinants of health. Housing property staff can:**
 - Ensure that physical living space is clean, livable and safe.
 - Support residents in applying for and maintaining public benefits and health insurance subsidies.
 - Help residents identify and access transportation assistance.
 - Connect residents with a variety of community-based supports, such as congregate meals.
- **Assistance in supporting higher risk patients. Housing staff members can:**
 - Link residents with community-based services and help them access needed supports.
 - Monitor and have regular interaction with individuals.
 - Help residents navigate the health system and follow through on physician orders.
 - Encourage a connection with primary care and appropriate use of health care services.
- **Support with care management and navigation. A nurse or health educator working in the housing property could:**
 - Answer questions about health conditions and physician directives.
 - Monitor vital signs and help identify possible changes in condition.
 - Provide one-on-one education in a flexible manner and comfortable environment.
 - Help residents communicate with their physicians.
 - Coordinate efforts to address residents' health care needs.
 - Provide transitional care support for 30 or 60 days after hospital discharge, and beyond.
- **Congregate environment that facilitates economies of scale for providing services more efficiently, both onsite or through telehealth.**

For more information, visit LeadingAge.org/HousingHealth